



PRHS

Family Newsletter

Winter 2023

Hello PRHS student and families,

This winter has been busy at the high school as teachers and students worked to complete evidence of learning in semester 1 and begin semester 2 among the flurry of snow days in the middle of the month. Teachers have completed the grading for their courses and grades are available in JumpRope, Infinite Campus and paper copies of report cards have been mailed home.

- Alumni Day was a big success with over thirty former PRHS students from a wide range of graduation classes speaking with current students about their education and work experiences.
- The sophomore class attended a career fair at CMCC and sophomores interested in LRTC for next year went to visit the programs in action.
- Mrs. Fryda's Comparative Government and Economics classes hosted a guest speaker, Tim Winkeler, President and CEO of VIP Tires and Service, presented his work on a citizen initiative to get a right-to-repair law on the books in Maine. Mr. Winkeler engaged with students about the steps it takes to get a question on the ballot, including the petition process, funding, and the use of media. Students declared the presentation "cool," "thought-provoking," and "informative."
- PRHS has earned the College Board's [AP[®] Computer Science Female Diversity Award](#) for expanding young women's access to AP Computer Science Principles (CSP). This award acknowledges 1,105 schools for their work toward equal gender representation during the 2021-22 school year. PRHS is one of 832 schools to be recognized for achieving this important result in AP CSP.
- The high school Functional Life Skills classes hosted an informational open house for FLS students and parents to share more information about daily schedules, routines, and classroom learning.

This week is our annual Winter Carnival. Each day has a dress up theme and Friday will be a day of school spirit and community building activities. Friday evening 7-10p the eligible students have an opportunity to attend a school dance. Students need to have a positive week of class participation and meeting behavior expectations to be eligible for the dance. In addition, we have been talking with the students that this is a "chem free" event. Students attending the dance are expected to make healthy, safe choices and meet the same behavior expectations as a school day. If students do not meet these expectations, families will be notified to pick their student up from the dance.

If you have any questions about any high school events, please do not hesitate to contact me: eanderson@rsu16.org or 998-5400.

Take care,

Mr. Anderson

TECHNOLOGY

Reminder Parents: When paying online for Technology Fees, under Transactions, please make sure to select **Technology Related Fees** before completing the transaction. If you have other dues you need to pay for your student, please select the appropriate transaction for that payment ie: High School fees other or Middle School Fees other. Please do not pay all fees under High School fees or Middle School Fees. Thank you!

SUMMER SCHOOL

Yes, it's only February, but students can do a few things now to avoid attending summer school next July. Summer school is available to students who struggled to meet standards in their core courses (math, ELA, social studies, and science) but who attended class regularly. Students attend for as long as it takes to make up the standards, often just a few days of work, sometimes as long as four weeks.

Students who did not meet standards due to excessive unexcused absences or tardies are NOT eligible for summer school. Students who are not eligible for summer school will make up the missing credit by retaking the course, which may delay graduation, or by staying after school in credit recovery.

Administrators and school counselors make the decision regarding summer school, repeating courses, and credit recovery. Please encourage your child to attend class, complete work, and seek help when they need it. We're hoping everyone can enjoy a relaxing July!

YEARBOOK

To order online today, visit yearbookforever.com and search for Poland Regional High School. Or use the link <https://bit.ly/3BDc2IE>."

SENIOR ADS

Parents of PRHS Seniors, personalized Senior Ads for the Yearbook are currently for sale. Have a personalized message and images placed in the yearbook for your Senior to look back on for years to come. Ads can be purchased and submitted by visiting <https://bit.ly/3BDc2IE> and selecting "Create a Personal Ad".

Please follow the link for more information about [Senior Ads](#) due **Friday February 17th**.

If you have any questions, please contact PRHS yearbook advisor Garrett Christen at gchristen@rsu16.org

PROJECT GRADUATION - 4 months to go!!!

Project Graduation 2023 - We are close but need your help getting to the finish line.

February:

18th - Saturday – [Post Super Bowl Bottle Drive](#) 8:00-12:00 - PRHS Student Parking lot

28th - Tuesday – [Otto's Pizza](#) 4:00-9:00 - Auburn - Please mention PRHS Project Grad!

March:

8th - Wednesday - Paint Night - Cyndi's Dockside - 6p-8p - Register On-line through the Project Grad Facebook or link

18th - Saturday - Poland Recreation Cheer Competition - Concessions All Day Event - Donations and Volunteers needed

19th – Sunday - Post St. Patty's Day Bottle Drive 8:00-12:00

24th – Friday - Spaghetti Super - Tyrian Masonic Lodge in Mechanic Falls - 5:30 - 7:30pm - Volunteers Welcome & Needed!!

Next meeting: **Thursday March 9th - 7pm** - Poland Library

From the Counselors' Corner...

Second semester is starting- the halfway point of our year!. Grades and credits will be posted to transcripts and mailed home soon. We will be starting the course registration process soon for next year's classes.

Class of 2023 - Need \$\$\$ for college? FAME is still ready to help with [Events](#)

Feb 28, 2023 - [Understanding & Comparing Financial Aid Offers](#)

[FAME's scholarship information and list](#)

[PRHS list of scholarships](#) - check this now and then continue to check it often! New scholarships will continually be added throughout the school year.

[FREE COMMUNITY COLLEGE](#) is still on the radar for the Class of 2023. In order to be eligible for free tuition and fees from any of the 7 community colleges in Maine the student must:

- 1.) Apply to the [community college](#). Each community college has its own online application and we find it takes most students 10-15 minutes to complete.
- 2.) Do the FAFSA (Free Application for Federal Student Aid). The Finance Authority of Maine (FAME) has the best [resources](#) to get you started. Their materials, websites, and videos will walk you through step by step.
- 3.) Plan to attend full time with 4-5 classes.. Remember that full time in college looks different than it does for high school.

That's it! Students will need to let their counselor know that they have applied, so that we can send their transcript. Contact your student's school counselor if you have any questions.

[LEWISTON REGIONAL TECHNICAL CENTER](#) - We are in the thick of the LRTC Application process. LRTC presented to all sophomores and interested juniors on January 11. The steps to apply are highlighted [here](#). We suggest that students apply online by Feb 17, 2023 (however, applications will still be accepted after that date). All sophomores should have received a copy of LRTC's brochure of programs in the mail. New programs for next year include [Cosmetology](#), [EMT](#), and [Precision Machining](#) (this program will be held at Central ME Community College). Final decisions for placement in LRTC programs will be mailed to students during April break. Students can contact their counselor for more information.

[Grades 9-11](#) will start their course registration process soon! This means previewing their own transcripts for credits, as well as reviewing PRHS graduation requirements in RT. We will have the Course of Studies updated soon. You will see the list of courses that your student chooses at Student Led Conferences in March.

CONSIDER ENGINEERING at UMaine is a 4 day FREE summer program for juniors. This has been the best way for our juniors to delve into what engineering and its various fields are all about. Go to [UMaine Pulp & Paper Foundation](#) to apply online. You will need to write a letter and get one letter of recommendation. Dates are: July 9-12, July 16-19, or July 23-26. Application is due April 15.

Winter is a tough time of year for many households. Here is a [link](#) to resources for help with home heating. School counselors and social workers across our district are ready to help families find the resources they need. We partner with [Pink Feather Foundation](#) year round to help make sure our students have the needed clothes, outerwear, and shoes/boots for all seasons. We work with our school nurses to make sure that students get the medical, dental, and vision care they need. Never hesitate to reach out! RSU # 16 is ready to help!

Carrie Rhoads

Students with last names

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Hillary Bush

Students with last names

G-M

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Corey McFadden

Students with last names

N-Z

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Athletics & Co-curriculars

WINTER ATHLETICS

Sadly the winter season is winding down. Our athletes have given a great effort this year, though for many the results are not what they wanted. Please support them. We will get better with more work and commitment.

"The thrill of victory, and the agony of defeat."-Jim McKay

Registration is open for spring sports. Early registration is encouraged.

- The State Class B Track meet will be held at Bates College on Monday 2/20 at noon. The Garey brothers look to return to the podium and make us proud.
- The Knights CheerLeaders competed this past weekend at the State Championships. It was fun to watch them.
- FYI, Jakob Buckley travels north to compete in the state Ski Championships. He has had a great season skiing with GNG.
- Brady Martin competed this season in Wrestling with Oxford Hills. He had a great season, and their Athletic Director Kevin Ryan and wrestling coach are complementary of his contributions to the team. The season ended for him Saturday.
- Cam Lemieux will compete at the State Swim Championship over vacation after a fine season working with Edward Little swim.. He has qualified in multiple events.
- Unified Basketball will compete at home on Monday and Thursday this week at 3:30.
- The Kings hockey team, our co-op with Leavitt, Oak Hill and Gray New Gloucester (referred to in the hockey circles as PLOG) will host York on Thursday at Norway Savings Bank Arena (5:20), they travel to U.N.E. on Saturday to play Kennebunk and will finish the regular season on Wednesday during break at home vs Greely (4:10).
- The JV Kings play Wednesday and Friday this week.

***Be on TIME
Work HARD
Be a good TEAMMATE
Do the RIGHT thing***

Current Coaching openings:

7th Grade Baseball

MS Outdoor Track & Field

JV Softball

Student-Athletes - If you think you will want to play a sport in college, it is a good idea to view and register in the [NCAA.org portal](http://NCAA.org). There are eligibility requirements for college athletics that include taking an approved course load in high school, GPA, and SAT minimums.

Spring Registration for athletics opened on February 1 on FamilyID. There is a link on the athletic page.

[Sports pictures follow the link](#)

- use access code: PRHS-WinterSports2022
- enter your child's last name and then select the player
- after logging in, you then will be able to view your child's photos
- select to have photos mailed to your home for an additional \$5.50.

ATHLETIC TRAINER

PRHS welcomes Kaden Hersel as our regular CAT. (Certified Athletic Trainer) Kaden will work through Saco Bay Physical Therapy. He is a Physical Therapy Grad Student at UNE and carries all of the required certifications for athletic training. Kaden has moved here from Washington State and is a welcomed sight on the sidelines. Although he may not be at every contest, he will be at most. It is a great comfort to have him on the sidelines this winter and spring!

BOOSTERS

Our Knights Pride Booster Club needs your help. They help teams and clubs out financially, but they can't do that without volunteers. I am hopeful that each team can provide some support. Please contact Jill or Craig Beaucage with your availability please. cbeaucage@me.com, you can also join the Knights Priode Boosters Facebook page.

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Do the RIGHT thing***

Speech and Debate

Congratulations to D'Arcy Robinson! She has been recognized by her peers in the world of speech and debate. She has received the NSDA District Coach of the Year Award for Speech and Debate. She has been involved not only as a coach as we see here in our building, but also as district committee member, vice president of the Maine Forensic Association, and director of the NCFL diocese.

KNIGHT WRITER

Mr. Chutchian is looking for new contributors for the Knight Writer school newspaper club. Drop by D227 anytime. Our "meetings," Tuesdays 2:15 to 2:45, are informal, short, and sometimes hilarious.

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Health Office

Just a friendly reminder to please complete the [Annual Health Update](#) and the [Standing Medical Orders Permission Form](#) for your student. These forms need to be completed annually. Your student should return the completed paperwork to the nurse's office or to their roundtable teacher. Prompt return of these papers will allow us to better care for your student while at school. We will not be able to administer standing order medications if we do not have a signed permission form for your student.

MCV4

We will be sending out reminder letters in the coming weeks for all students that will need their MCV4 (Meningococcal Meningitis Vaccine) prior to 12th grade entry. One dose of quadrivalent meningococcal conjugate vaccine (MCV4) is required for students entering grade seven. Any student entering grade twelve is required to have received two doses of MCV4. The first dose must have been received on or after the eleventh birthday, and the second dose must have been received on or after the sixteenth birthday, at least eight weeks after the first dose. However, if the first dose is administered when the student is sixteen years of age or older, only one dose is required. Please reach out to the nurses office if you have any questions.

COVID TEST KITS

The health office continues to distribute free Sieman Clinitest rapid antigen home tests for Covid 19 to all of our symptomatic RSU 16 employees and students. There are 5 home tests contained in each box. Sieman has just extended the shelf life of these test kits. If the boxes are lot # of 2202077EUA with an expiration date of 2022-12, you may cross that off and write in a new expiration date of 2024-01 (January of 2024). This will allow you to continue to use those remaining tests in their boxes for episodes of future symptoms where testing for Covid might be indicated. If someone has a Clinitest box with a different lot number, please reach out to Dotty Bagley at dbagley@rsu16.org, Dotty will happily cross reference their number to the list of lot numbers that Sieman has shared.

Please continue to report to the school nurse if your student has tested positive for COVID-19.

Thank you.

For any student health related inquiries, please contact:

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